

Children's Connection Curriculum

Session Topic: Social Skills/Interactions (Negative Thoughts)

Developmental Level: Upper Elementary and Middle School

Purpose: To talk with students about how negative thoughts can create problems and create a poor attitude.

Materials Needed: Hand out about Negative thoughts.

Description of Session: Talk with students about how negative thoughts can multiply and create more problems for them. Follow the worksheets and create discussion about the negative thoughts and thinking can do. Encourage students to share about when they have been in a negative thought pattern. Provide examples. Then talk with students about how they can get out of the negative thought pattern to more healthy thinking of positive thoughts.

Discussion Questions:

1. What are negative thoughts?
2. How do negative thoughts effect you?
3. What are positive thoughts?
4. How do positive thoughts effect you?
5. What can you do to create more positive thoughts?
6. What support do you need to keep in a positive way of thinking?

Reference: Children's Connection Counselors and www.kidlutions.com